Coaching Practice Plan Assignment

Coaching Practice Plan

Section 1 (25 points)

Sport: Football

Date: 4/1/25

Practice Start Time: 3:30 PM

Length of Practice: 2.5 hours

Practice Objectives:

The purpose of this practice is twofold. One, to have my players become outstanding athletes who are skilled at football fundamentals and techniques. Two, to have them become patient, disciplined, and respectful men who use football as a tool to follow God's instruction. My goal is to teach life skills that will help them on and off the field. I want to teach them patience, persistence, teamwork, and focus—skills required in football as well as life.

Equipment Needed:

Football helmets

Mouthpieces

Shoulder pads

Girdles

Practice football pants

Practice pant belts

Knee pads

Cleats

Game uniforms

Water bottles/hydration stations

Drill cones, ladders, and sleds

Footballs

Whistles and stopwatches

Practice Drills:

3:30 - Dynamic Warm-up (15 minutes)

Description: Jog, dynamic stretches, high knees, butt kicks, lunges, hip openers, and arm circles.

Key Teaching Points: Highlight range of motion, muscle activation, and progressive increase in heart rate. Highlight proper form to prevent injuries.

3:45 - Hands-Off/Zone Drills (20 minutes)

Description: Drills on zone blocking footwork, hand placement, and ball safety.

Key Teaching Points: Emphasize keeping elbows tight, utilizing core stability, and maintaining pads level. Ensure players understand their zone scheme responsibility.

4:05 - Mesh Variations/Indy (20 minutes)

Description: Quarterback and running back mesh handoffs with speed and timing variations.

Key Teaching Points: Highlight mesh point safety, steady hand positioning, and eye control. Teach players to react to defensive alignment.

4:25 - Run Review/Block Review (25 minutes)

Description: Breaking down run schemes and blocking responsibilities by position units.

Key Teaching Points: Highlight communication, pad level, leverage, and target recognition. Practice discipline and footwork.

4:50 - OPR (Option Pass Run) Coverage (20 minutes)

Description: Defensive players read keys on offense and react to option play.

Key Teaching Points: Teach defenders to recognize motion cues, possess assignment discipline, and pursue with proper angles.

5:10 - Team Walk Through (15 minutes)

Description: Whole-team alignment and practice of primary plays at half speed.

Key Teaching Points: Highlight alignment, recognition of assignments, and unit communication.

5:25 - Special Teams (20 minutes)

Description: Punt coverage, kickoff return, and field goal unit practice.

Key Teaching Points: Enforce lane integrity, blocking angles, and snap-to-kick timing. Enforce hustle and execution.

5:45 - Defense/Offense Recognition (15 minutes)

Description: Scrimmage with an emphasis on offensive response to defensive fronts and vice versa.

Key Teaching Points: Enforce situational awareness, quick reads, and flexibility.

6:00 - Field Goal (5 minutes)

Description: Simulate end-of-game field goal situations.

Key Teaching Points: Enforce calm execution, snap-hold-kick timing, and line protection.

Evaluation

This practice should run smoothly, stressing fundamentals and step-by-step build-up. The one potential source of difficulty is refining small things in execution—especially on mesh drills and coverage of options. These will require more focus on discipline and concentration by the players. For our practice on 4/3/25, we will do the same style but focus on refining receptions and route consistency. Continued development of player leadership off and on the field will remain a priority.

Section 2 (25 points)

Observation Verification Form:

(TO BE SIGNED BY COACH)

Practice Observation Reflection:

Team Observed: Erskine College Baseball TeamDate: 3/19/25Location: Erskine College Baseball FieldCoach: Mack CroccoAthlete Age and Level: 19-23 years old, College level competition

Objectives of Practice:The objective of the practice was to perform dynamic drills and work on tactical concepts in getting ready for this Friday's game.

Length of Practice: 2.5 hours

Athlete Response to Practice:The players were well-motivated and very much engaged. They were showing enthusiasm and a high spirit of camaraderie, responding positively to coaching instructions.

Likes/Dislikes about Practice:I was impressed with the energy of the team and the head coach's capacity for keeping players engaged. Coach Crocco's dynamic interaction with the players was encouraging. The overall practice format, however, was basic, with no attempt at drill variety or challenges for players.

Suggestions for Improvement:

Not much else could have been done differently by the coach. All of the players were dedicated and training hard for the next match. To extend the practice to the next level, incorporating more competitive drill situations would be another level of intensity.

Comparison to 12.6/12.7 Practice Plans (Chapter 12):Coach Crocco's practice was well-structured in format similar to the examples in Chapter 12 of Successful Coaching. It had a logical progression from warm-ups to skill development to tactics execution. But it lacked individual skill breakdown sessions and a formal evaluation period at the end, unlike the example plans.

Lessons Learned through Observation: I learned the value of consistent energy and enthusiasm from the coaching staff, which positively affected player morale and

engagement. The importance of player-to-player support and team unity was also evident—something I seek to impart to my team.